



# News Release

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P.O. Box 6015 • Columbia, MO 65205 • (573) 874-7460 • [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

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Contact: Parks and Recreation, 874-7460

## **Lifeguard Training Available**

Columbia Parks and Recreation is offering lifeguard training for anyone interested in joining the city's aquatic team as a lifeguard this summer.

The training is offered through the Ellis & Associates national program. This course includes the necessary CPR and first aid training to completely certify participants as lifeguards. Participants must be at least 15 years old.

One more session is scheduled this spring in preparation for the summer aquatic season. The session will be held at Hickman Pool. A fee of \$150 includes the required book and certification. The next session will be held from 9 a.m. to 4 p.m. on May 6, 7, 13 and 14.

Training will consist of shallow water, pool and special facility lifeguarding. Individuals will learn how to anticipate, recognize and manage incidents in a professional manner, while protecting themselves, and how to prevent accidents, drowning, perform rescues and give emergency care. Anyone desiring employment as a lifeguard with Columbia Parks and Recreation must complete this certification.

For more information or to register, call Parks and Recreation at 874-7460.